




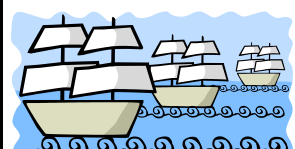
CW Resources Senior Community Café

October Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

\$2.00 SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HAPPY HALLOWEEN</p>			<p>1</p> <p>Grape Juice Pot Roast w/Gravy Baked Potato Carrot Coins Sour Cream</p> <p>Pumpernickel Bread</p> <p>Birthday Cake</p>	
<p>5</p> <p>Spaghetti Marinara Sauce Turkey Meatballs Romaine Salad Ranch Dressing Parmesan Cheese</p> <p>Italian Bread</p> <p>Banana</p>	<p>6</p> <p>Orange Juice Grilled Chicken with Honey Mustard Sauce Mashed Potatoes Summer Blend Veggies</p> <p>12 Grain Bread</p> <p>Mixed Fruit Cup</p>	<p>7</p> <p>Roast Pork with Apple Glaze Sesame Noodles Country Blend Veggies</p> <p>100% Whole Wheat</p> <p>Mandarin Oranges</p>	<p>8</p> <p>Cream of Broccoli Soup Unsalted Crackers Chicken Salad Lettuce Bed Macaroni Salad Pickled Beets</p> <p>Multigrain Bread</p> <p>Pears</p>	
<p>12</p> <p>COLUMBUS DAY HOLIDAY</p> 	<p>13</p> <p>Cranberry Juice Lasagna Rolette Meat Sauce Peas & Carrots Parmesan Cheese</p> <p>Italian Bread</p> <p>Tangerine</p>	<p>14</p> <p>Grilled Chicken Breast Broccoli Cheese Sauce Rice Pilaf Stewed Tomatoes</p> <p>Oatmeal Bread</p> <p>Peaches</p>	<p>15</p> <p>Pineapple Juice Beef Stew w/Carrots, Diced Potatoes & Peas Garden Salad French Dressing</p> <p>W.W. Dinner Roll</p> <p>Oatmeal Cream Pie</p>	
<p>19</p> <p>Grape Juice Veal Scallopini over Parslied Buttered Noodles Peas</p> <p>100% Whole Wheat</p> <p>Oatmeal Raisin Cookies</p>	<p>20</p> <p>Knockwurst Pierogies Cabbage and Kraut</p> <p>Hot Dog Roll</p> <p>Pineapple Chunks</p>	<p>21</p> <p>Cranberry Juice Chicken Tetrzzini with Sauce Brown Rice California Blend Veggies</p> <p>Pumpernickel Bread</p> <p>Ice Cream Cup</p>	<p>22</p> <p>Wonton Soup Unsalted Crackers Pork Egg Roll Fried Rice Oriental Blend Veggies Sweet and Sour Sauce Fortune Cookie</p> <p>Pineapple Chunks</p>	<p><i>Please call the kitchen phone two days in advance to make a reservation: 203-775-5237</i></p>
<p>26</p> <p>Apple Juice Fish Nuggets Steak Fries Cole Slaw Tartar Sauce Ketchup</p> <p>Corn Muffin</p> <p>Tropical Fruit Cup</p>	<p>27</p> <p>Cranberry Juice Stuffed Shells Meat Sauce Broccoli</p> <p>Garlic Bread</p> <p>Banana</p>	<p>28</p> <p>Corn Chowder Unsalted Crackers Grilled Chicken Breast Lettuce & Tomato Marinated Cucumbers</p> <p>W.W. Hamburger Bun</p> <p>Fresh Pear</p>	<p>29</p> <p>Grape Juice Sliced Ham Buttered Noodles Buttered Beets</p> <p>Italian Bread</p> <p>Fresh Orange</p>	